



21-DAY SHRED DIET

INCLUDING *Stress* QUESTIONNAIRE & INTERPRETATION GUIDE



NICK KLEIN

21-Day Shred Diet



Disclaimer

All recommendations are made GENERALLY for people wanting to improve their physiques, live a healthy lifestyle and enhance performance. This information does not intend to or attempt to, cure, prevent or treat any disease or illness. We assume that you are healthy and free of disease as you peruse the information presented. For any specific dietary requirements, please see a qualified specialist.

21-Day Shred Diet

21-Day Shred Diet - Guidelines

Why do a 21-day Shred?

- To set up enzymes for fat burning
- To improve detoxification
- To lower antibodies to possible food sensitivities
- To lower inflammation

What can I eat and drink?

- Water
- Unlimited animal protein (every meal)
- Unlimited cruciferous vegetables (every meal)
- Increase healthy fats with every meal (coconut oil, any kind of nut (except peanuts), organic butter, olive oil, etc.)
- Never be hungry, eat!

In order for the shred diet to be successful you must avoid:

- Dairy
- Eggs
- Gluten
- Wheat
- Beans
- Fruit
- Corn
- Any alcohol
- Potatoes
- Rice
- Soy products
- Coffee

Any food you consume more than 3-4 times per week

21-Day Shred Diet

Grocery Shopping Macronutrient Selection List

Proteins (grass fed, free range & wild are best)

- Ground beef steak (Flank, filet, ribeye, sirloin, etc..)
- Wild meats (duck, elk, bison, venison, etc.)
- Seafood (halibut, grouper, lobster, salmon, shrimp, cod, crab, etc.)
- Pork
- Turkey
- Lamb
- Chicken
- Whole eggs (from pasture raised chickens)

Fats

- Ghee
- Avocados
- Nuts/Seeds (no peanuts = legume)
- Butters:
 - Almond butter
 - Sun butter
 - Cow's butter
 - Duck fat
 - Natural Cashew butter
 - Goat butter
 - Macadamia butter
- Oils; extra virgin olive oil
 - Macadamia nut oil
 - Coconut oil
 - Fish oil

Coconut oil is particularly useful to trainees who have a hard time taking in calories in an easy and tasty manner.

21-Day Shred Diet

The listed vegetables are what we call “all you can eat” vegetables as they have a low glycaemic index, and do not foster large increases in insulin. I suggest using the 80/20 rule. 80% green vegetable consumption, 20% colored vegetable consumption.

Alfalfa Sprouts, Fennel, Sauerkraut

Artichokes, Green Beans, Salad greens

Asparagus, Hearts of palm, Scallions

Bamboo shoots, Jicama, Spinach

Broccoli, Kale, Squash, zucchini

Cabbage, Mushrooms, Squash summer

Carrots, raw, Mustard Greens, Mushrooms

Celery, Tomatoes, Radishes, Cauliflower

Celery root, Onions , Turnip greens

Chard, Swiss Parsley, Turnips

Collards, Pea pods, Water chestnuts

Cucumber, Peppers, Watercress

Eggplant, Radicchio, Endive

Expectations

Some people find the 21 Day Shred to be very easy and experience no reaction. Most people experience withdrawals, headaches and/or diarrhea. This is a sign that detoxification is happening; push through it!

My clients that have little issues are the ones who have had a healthy diet in the past. The people that experience most symptoms are those eating fast food and partaking in an unhealthy lifestyle.

21-Day Shred Diet

Post 21-day Shred Diet

On day 22 (re-feed day) you may eat whatever you like, but write down everything you consume. Please take note on how you feel over the next 24 hours (ex: achy joints, diarrhea, headaches, sinus issues).

After day 22, the shred guidelines begin again with one re-feed MEAL every 5-7 days (use low glycaemic index carb selections), but feel free to re-introduce 1-2 servings of thin-skin fruit and eggs (if tolerant).

The re-feed meal will lead to more fat loss due to raising the fat burning hormone, leptin once per week to refuel muscle. Glycogen level is supposed to be at 70%, when depleted it's usually at 50-60%. After re-feed = 120% for a short period, so scale weight increases 1 day, but drops again by day 3. Muscle gets harder/more condensed by glucose entering muscle cell. Carbs are earned; the leaner you become the more your body can handle them without being stored as fat. So, the leaner you get the more frequently I suggest a re-feed meal.

Re-Feed Meals

Why a re-feed meal?

Re-feed meals not only serve the psychological role of keeping you sane and on track with your healthy eating, but they also serve a physiological role as well. When you take in a huge influx of calories in one sitting, it creates an "emergency" boost to your metabolism and an up-regulation of the fat burning hormone, leptin.

Your body does not realize that this increase in calories is only for a short term, so it revs up your metabolic furnace in order to prepare for what it thinks will be a continued mega-calorie diet. Little does your body know that you will be back on your healthy eating plan shortly after the re-feed meal, and that you will be a fat-burning machine for a few days after that meal while your metabolic furnace stays hot.

Re-feed meals provide a way for you to still enjoy family parties, times with your children, or a night out on the town with your college friends. Keep in mind glycogen level is supposed to be at 70%, when depleted its usually at 50-60%. After a re-feed meal it increases to 120% for a short period, so scale weight increases 1 day, but drops again by day 3.

Muscle gets harder/more condensed by glucose entering muscle cell. There are a few rules that go along with re-feed meals, and they must be strictly adhered to in order to ensure that you do not fall off the diet wagon.

When can I have a re-feed meal?

You can have a re-feed meal every 7th day to start. As we proceed with dropping body fat and increasing insulin sensitivity, you will earn more re-feed meals every week. Carbs must be earned and the leaner you become the more you can indulge without storing body fat. The Biosignature insulin sites will monitor insulin sensitivity and will show when you can add another re-feed day every week. Keep in mind it is a meal, not an all-day graze fest!

21-Day Shred Diet

What do I eat for a re-feed meal?

You may eat and drink whatever you want for your re-feed meal. Pizza, chocolate, ice cream, wine, pasta, wings, ribs, potato chips, and macaroni and cheese are just a few of the infinite number of choices that are fair game.

It is important to make you aware that gluten free options will give you the greatest results in your program. If you are choosing to eat pro-inflammatory foods for your re-feed meals such as wheat, gluten and dairy and are not losing fat as rapidly as you would like, I suggest cutting it out COMPLETELY from your diet and use the low GI food choices provided.

How do I re-feed?

- Plan which day you will have your re-feed meal each week
- Always eat your protein and vegetable first and keep fat intake low for that meal
- Place your re-feed meal on the table, once your meal is gone you are done--remember no grazing
- Caloric consumption should be double for a re-feed meal comparing to a typical meal
- Be mindful of how you feel after your meal and into the next day and adjust meal selection if necessary
- I like brown rice, sweet potato fries, sweet potato, all types of squash, quinoa, etc.. Low GI carbs will lead to quickest results.

Planned Re-Feed Meal Guidelines

1. There is no such thing as a cheat meal. You're an adult and you make choices. You can choose not to follow your plan - and that's ok. It's only cheating if you lie about it.
2. Eat fun foods in good company. Never eat by yourself.
3. Before you eat dessert, have a proper meal
4. Implement the "one sitting" rule. This means once your bum leaves the seat, your meal is over.
5. If you're having a planned "re-feed meal" make it the last meal of the day. Having it for breakfast tends to create a downward spiral for the rest of the day.
6. Don't eat less throughout the day because you're planning a "re-feed" meal later on. This way you're less likely to over eat.

21-Day Shred Diet

BBCT Nutrition Tips & Philosophies

1. Never force feed. You should never be stressed or scared about eating.
2. Eat until you're 80%-90% full, not until you get bloated, constipated, or "always" full.
3. Don't wait too long between meals so that you get too hungry and make bad food choices.
4. Eating every 2-3 hours is favorable for body composition, so if you're hungry - eat!
5. Don't eat "snacks". Have proper meals.
6. A proper meal has a quality protein source.
7. Develop a routine. The fewer decisions you are forced to make = fewer poor food choices.
8. Low-fat dairy is for dorks. It's a lower quality protein and eating "low-fat" removes the good stuff and replaces it with artificial sweeteners. Your body needs health fats!!!
9. Nuts are not meals. Treat them as condiments instead.
10. Organic butter is tasty and rich in nutrition. Cook with it.
11. If you're not regular, add fibre and re-assess your diet and lifestyle. Routine is even more important than you think.
12. Act as if you are the healthiest version of yourself and you have already achieved your goals. "I am a healthy person that eats healthy foods that build and nourish my body".
13. If you think your food is boring, remember you made it that way.
14. You get out what you put in.

To book a time to discuss your goals in person please contact us from any of the options below:

Website: <http://www.bodybychoicetraining.com>

Email: diana@bodybychoicetraining.com

Phone: (616) 259-9064

Facebook: <https://www.facebook.com/BodyByChoicePersonalTraining/>

Instagram: https://www.instagram.com/body_by_choice_training/

Google+:

<https://www.google.com/maps/place/Body+by+Choice+Personal+Training/@42.9110889,-85.6113866,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0xe5d8e2e90ea97706!8m2!3d42.9110889!4d-85.6091979>

Final disclaimer: This eBook program is for entertainment purposes only and is not a substitute for medical or health advice; seek the advice of your doctor or other qualified health practitioner.

21-Day Shred Diet

Identi-T™ Stress Questionnaire

Name _____ Age _____ Sex _____ Date _____

Stress is a normal part of life. Every day, we're faced with stimuli, called stressors, which can elicit the body's "fight or flight" response, setting off a cascade of physiological reactions and resulting in emotions ranging from mild to intense. But while occasional stress is natural and even healthy, chronic or acute stress can be harmful.

Please take a few moments to discover your body's response to situations you perceive as stressful. By honestly assessing how you feel, your healthcare provider can create a stress relief program for your individual needs.

Directions:

Please read each statement and circle the number 0, 1, 2, or 3 that best describes your feelings or reactions throughout the course of the day. Determine the subtotal score for each section, then determine the total scores for sections A-C and C-E. Some questions may appear redundant between sections. There's a reason for each question. Don't spend much time on any one question.

0 = Never true 1 = Seldom true 2 = Sometimes true 3 = Often true

When under stress for two weeks or longer, I...

Section A:

- | | | | | |
|---|---|---|---|---|
| 1. Get wound up when I get tired and have trouble calming down..... | 0 | 1 | 2 | 3 |
| 2. Feel driven, appear energetic, but feel "burned out" and exhausted | 0 | 1 | 2 | 3 |
| 3. Feel restless, agitated, anxious, and uneasy..... | 0 | 1 | 2 | 3 |
| 4. Feel easily overwhelmed by emotion..... | 0 | 1 | 2 | 3 |
| 5. Feel emotional—cry easily or laugh inappropriately..... | 0 | 1 | 2 | 3 |
| 6. Experience heart palpitations or a pounding in my chest..... | 0 | 1 | 2 | 3 |
| 7. Am short of breath..... | 0 | 1 | 2 | 3 |
| 8. Am constipated..... | 0 | 1 | 2 | 3 |
| 9. Feel warm, overheated, and dry all over..... | 0 | 1 | 2 | 3 |
| 10. Get mouth sores or sore tongue..... | 0 | 1 | 2 | 3 |
| 11. Get hot flashes..... | 0 | 1 | 2 | 3 |
| 12. Sleep less than seven hours a night..... | 0 | 1 | 2 | 3 |
| 13. Have trouble falling asleep and staying asleep..... | 0 | 1 | 2 | 3 |
| 14. Worry about high blood pressure, cholesterol, and triglycerides..... | 0 | 1 | 2 | 3 |
| 15. Forget to eat and feel little hunger..... | 0 | 1 | 2 | 3 |

Total points: _____

Section B:

- | | | | | |
|---|---|---|---|---|
| 1. Find myself worrying about things big and small..... | 0 | 1 | 2 | 3 |
| 2. Feel like I can't stop worrying, even though I want to..... | 0 | 1 | 2 | 3 |
| 3. Feel impulsive, pent up, and ready to explode..... | 0 | 1 | 2 | 3 |
| 4. Get muscle spasms..... | 0 | 1 | 2 | 3 |
| 5. Feel aggressive, unyielding, or inflexible when pressed for time..... | 0 | 1 | 2 | 3 |
| 6. See, hear, and smell things that others do not..... | 0 | 1 | 2 | 3 |
| 7. Stay awake replaying the events of the day or planning for tomorrow..... | 0 | 1 | 2 | 3 |
| 8. Have upsetting thoughts or images enter my mind again and again..... | 0 | 1 | 2 | 3 |
| 9. Have a hard time stopping myself from doing things again and again,
like checking on things or rearranging objects over and over..... | 0 | 1 | 2 | 3 |
| 10. Worry a lot about terrible things that could happen if I'm not careful..... | 0 | 1 | 2 | 3 |

Total points: _____

Section C:

- | | | | | |
|--|---|---|---|---|
| 1. Have muscle and joint pains..... | 0 | 1 | 2 | 3 |
| 2. Have muscle weakness..... | 0 | 1 | 2 | 3 |
| 3. Crave salt or salty things..... | 0 | 1 | 2 | 3 |
| 4. Have multiple points on my body that when touched are tender or painful..... | 0 | 1 | 2 | 3 |
| 5. Have dark circles under my eyes..... | 0 | 1 | 2 | 3 |
| 6. Feel a sudden sense of anxiety when I get hungry..... | 0 | 1 | 2 | 3 |
| 7. Use medications to manage pain..... | 0 | 1 | 2 | 3 |
| 8. Get dizzy when rising or standing up from a kneeling or sitting position..... | 0 | 1 | 2 | 3 |
| 9. Have diarrhea or bouts of nausea with or without vomiting for no apparent reason..... | 0 | 1 | 2 | 3 |
| 10. Have headaches..... | 0 | 1 | 2 | 3 |

Total points: _____

21-Day Shred Diet

Section D:

- | | | | | |
|--|---|---|---|---|
| 1. Have trouble organizing my thoughts..... | 0 | 1 | 2 | 3 |
| 2. Get easily distracted and lose focus..... | 0 | 1 | 2 | 3 |
| 3. Have difficulty making decisions and mistrust my judgment..... | 0 | 1 | 2 | 3 |
| 4. Feel depressed and apathetic..... | 0 | 1 | 2 | 3 |
| 5. Lack the motivation and energy to stay on task and pay attention..... | 0 | 1 | 2 | 3 |
| 6. Am forgetful..... | 0 | 1 | 2 | 3 |
| 7. Feel unsettled, restless, and anxious..... | 0 | 1 | 2 | 3 |
| 8. Wake up tired and unrefreshed..... | 0 | 1 | 2 | 3 |
| 9. Experience heartburn and indigestion..... | 0 | 1 | 2 | 3 |
| 10. Catch colds or infections easily..... | 0 | 1 | 2 | 3 |

Total points: _____

Section E:

- | | | | | |
|--|---|---|---|---|
| 1. Feel tired for no apparent reason..... | 0 | 1 | 2 | 3 |
| 2. Experience lingering mild fatigue after exertion or physical activity..... | 0 | 1 | 2 | 3 |
| 3. Find it difficult to concentrate and complete tasks..... | 0 | 1 | 2 | 3 |
| 4. Feel depressed and apathetic..... | 0 | 1 | 2 | 3 |
| 5. Feel cold or chilled—hands, feet, or all over—for no apparent reason..... | 0 | 1 | 2 | 3 |
| 6. Have little or no interest in sex..... | 0 | 1 | 2 | 3 |
| 7. Sweat spontaneously during the day..... | 0 | 1 | 2 | 3 |
| 8. Feel puffy and retain fluids..... | 0 | 1 | 2 | 3 |
| 9. Sleep more than nine hours a night..... | 0 | 1 | 2 | 3 |
| 10. Have poor muscle tone..... | 0 | 1 | 2 | 3 |
| 11. Have trouble losing weight..... | 0 | 1 | 2 | 3 |
| 12. Wake up tired even though I seem to get plenty of sleep..... | 0 | 1 | 2 | 3 |
| 13. Have no energy and feel physically weak..... | 0 | 1 | 2 | 3 |
| 14. Am susceptible to colds and the flu..... | 0 | 1 | 2 | 3 |
| 15. Feel dragged down by multiple symptoms, such as poor digestion and body aches..... | 0 | 1 | 2 | 3 |

Total points: _____

Add points from sections A, B, & C

Total for A, B, & C: _____

Add points from sections C, D, & E

Total for C, D, & E: _____

21-Day Shred Diet

Interpreting the Identi-T™ Stress Questionnaire

This personalized questionnaire assists you, the practitioner, in evaluating perceived emotional and cognitive distress by tracking symptom frequency. Use this subjective data, along with your other health evaluation tools, to distinguish between stress response types and make successful lifestyle and nutritional recommendations to help restore balance and increase resilience to stress.*

Step 1. Evaluate if the patient might be experiencing Eustress or Prolonged Stress, and independently evaluate if Adrenal Stress may be present with either.

Eustress ($A+B+C \leq 35$ and $C+D+E \leq 35$)

- The anticipated, normal response to life challenges
- These patients often experience milder, less frequent mood and cognitive-related symptoms typical of situational stress
- Stress response type: Occasionally stressed

Adrenal Stress ($C > 10$)

- May display physical and psychological changes that are linked with fluctuations in cortisol output
- Frequently associated with prolonged stress, but a person may show adrenal stress symptoms (e.g., minor pain) when in Eustress or if physically unwell
- Stress response type: Hot

Prolonged Stress ($A+B+C > 35$ or $C+D+E > 35$)

- Typically, frequent or more intense psychological changes, which can be related to the continual activation of the HPA axis
- This type of stress can affect sleep and daily living
- Stress response types (see Step 2): Wired, worried, mentally fatigued, or tired

Step 2. Distinguish between 2 paths of Prolonged Stress

Overactive HPA Response ($A+B+C > 35$)

- Oftentimes results in excess exposure to acute stress hormones (e.g., cortisol, ACTH, CRH)
- May manifest as mental restlessness (worried) or anxiety (wired); experiences occasional sleep difficulties

Inadequate HPA Response ($C+D+E > 35$)

- Can present as “burnout” or an underproduction of stress hormones that prevents the body from reacting appropriately to stressors
- Frequently manifests as poor concentration (mentally fatigued) or low energy (tired); oversleeping is also common

Step 3. Consider and recommend nutritional support and lifestyle changes for stress relief based on each patient’s perceived Stress Response Type(s) along with your other clinical evaluations.*

Each stress response type may be addressed with specific Metagenics formulas featuring novel combinations of nutrients and herbal adaptogens.*

Formula ingredients have targeted calming or invigorating properties to support balanced HPA activity. Adaptogens also possess broad effects to promote balanced physiology and nonspecific resistance to stress.*

Additional support: HPA path scores over 63 ($A+B+C$ or $C+D+E$) may warrant consideration of targeted nutritional support.*

Additional support: Adrenal response (C) scores over 21 may also indicate need for targeted nutritional support.*

OTHER CONSIDERATIONS

Sleep Patterns & Lifestyle Habits. Review sleep and lifestyle questions to determine potential need for further evaluations and additional protocols to bolster stress resilience.*

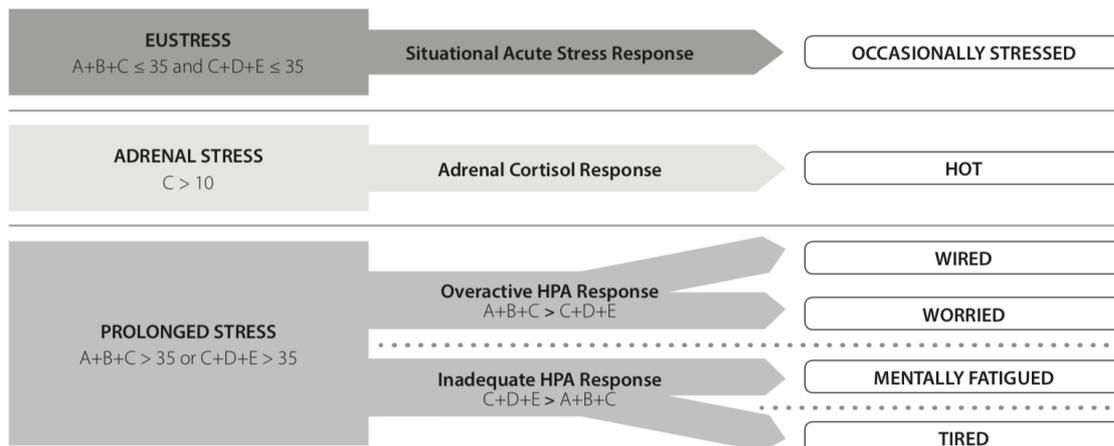
This is not a comprehensive sleep evaluation or lifestyle assessment, but it helps you quickly identify if eating habits, lifestyle choices, and sleep patterns are contributing to the ongoing HPA axis activation.

Stress protocols often help improve sleep quality without additional support.*

There may be a need for foundation supplementation and/or nutritional support for sleep.*

Some patients may benefit from a more comprehensive program (“Program Guide: Stress Management”).

Stress Types and Responses



* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



21-Day Shred Diet

Interpreting the Identi-T™ Stress Questionnaire

Use this form for each patient that completes an Identi-T™ Stress Questionnaire. Repeat questionnaire regularly to evaluate progress.

Initial

Patient Name: _____ Questionnaire Date: _____

Follow-up

Record requested data from questionnaire to the appropriate spaces below. Add or subtract where indicated.

EUSTRESS OR PROLONGED STRESS

A+B+C = _____

C+D+E = _____

- Review sums for symptom frequency to distinguish if eustress or prolonged stress

ADRENAL STRESS

C = _____

- Adrenal stress may also be present with eustress or prolonged stress

PROLONGED STRESS: HPA RESPONSE

Difference between A+B+C & C+D+E = _____

- For prolonged stress only, determine if HPA response path is potentially overactive (A+B+C) or inadequate (C+D+E) based on higher sum

OVERACTIVE HPA RESPONSE TYPES

A = _____

B = _____

- If difference between A+B+C and C+D+E is less than 5, then look for higher number of 3 responses within A+B or D+E to help determine HPA path

INADEQUATE HPA RESPONSE TYPES

D = _____

E = _____

- Select appropriate stress response type (A, B, D, or E) within the higher HPA path

SLEEPLESS

A12 = _____

A13 = _____ B7 = _____

- Identify sleep response possibly related to stress (if any "3" responses are present)

OVERSLEEPS

D8 = _____

E9 = _____ E12 = _____

- Review lifestyle questions and make recommendations

PERCEIVED STRESS RESPONSE	COORELATED STRESS RESPONSE TYPE	POTENTIAL STRESS RELIEF SUPPORT*	CONSIDER ADDITIONAL SUPPORT*
---------------------------	---------------------------------	----------------------------------	------------------------------

<input type="checkbox"/> EUSTRESS* If A+B+C ≤ 35 and C+D+E ≤ 35	Occasionally Stressed*	NuSera*	
---	------------------------	----------------	--

<input type="checkbox"/> ADRENAL STRESS* If C > 10	Hot*	Licorice Plus*	<input type="checkbox"/> If C > 21, then consider adding: Cortico-B₅B₆* and/or BioSöm*
---	------	-----------------------	--

<input type="checkbox"/> PROLONGED STRESS* If A+B+C > 35 or C+D+E > 35			
--	--	--	--

<input type="checkbox"/> OVERACTIVE HPA RESPONSE* If A+B+C > C+D+E	<input type="checkbox"/> WIRED* If A > B	Serenagen*	<input type="checkbox"/> IF A+B+C > 63, CONSIDER ADDING (TO EITHER AT LEFT) Trancor*
	OR	<input type="checkbox"/> WORRIED* If B > A	

<input type="checkbox"/> INADEQUATE HPA RESPONSE* If C+D+E > A+B+C	<input type="checkbox"/> MENTALLY FATIGUED* If D > E	Exhilarin*	<input type="checkbox"/> IF C+D+E > 63, CONSIDER ADDING (TO EITHER AT LEFT): SeroSyn*
	OR	<input type="checkbox"/> TIRED* If E > D	

SLEEP RECOMMENDATIONS

Evaluate sleep further to assess need for nutritional support.*

Continue existing sleep support regimen.*

Other: _____

Notes: _____

WELLNESS RECOMMENDATIONS

Multivitamin: _____

Omega-3: _____

Other: _____

Lifestyle/Stress Program: _____

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

MET16738v2 032918 © 2018 Metagenics, Inc. All Rights Reserved.

